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Ramin Sobbi and Abdel Hammad started the 'Share 1Pair' initiative to give socks and underwear to Calgarians in need.
ELIZABETH CAMERON/FOR METRO



TWO GOOD SOLES

Calgary entrepreneurs hope to help homeless, two socks at a time

metroNEWS

ENERGY

Carbon tax starts, gas prices rise

Alberta Environment Minister Shannon Phillips says the province is "still standing" a day after its carbon tax took effect, and Albertans who opposed the levy could start seeing rebate cheques within days.

But Opposition Wildrose critic Don MacIntyre says the majority of Albertans continue to oppose the tax, and that the science isn't settled on whether humans are responsible for the majority of climate change.

The tax officially began Sunday, adding 4.5 cents per litre of gasoline at the pumps as well as hiking costs for home heating.

Phillips held a news conference Monday where she addressed what she felt was "misinformation" about the levy, a day after deputy premier Sarah Hoffman held a similar media availability in the legislature building.

Like Hoffman a day earlier, Phillips stressed the link between the NDP government's new tax on carbon and Prime Minister Justin Trudeau's approval of the Trans Mountain pipeline expansion in November.

Consumers are still waiting to see how much the cost of goods will increase with the tax.

Paige MacPherson, Alberta director of the Canadian Taxpayer Federation, describes the new levy as a tax on everything that moves.

"Depending on the item the cost could be larger or smaller, but it is a cost increase — but on the goods that are shipped," she said.

But Mike Hudema, a climate and energy campaigner with Greenpeace Canada, argues the increases will be minor.

"The opposition likes to lump all of those price increases together and put them on the carbon tax, which is completely untrue," he said.

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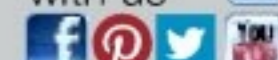
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New Year's Eve in a patrol car

POLICE

Reporter gets eye-opening ride through city's nightlife

Michael Lumsden
For Metro | Calgary

New Year's Eve started off with a distressing call for police officers in Calgary's downtown core.

A man had climbed onto the ledge of a nearby eight-storey parking garage and was threatening to jump.

"We don't want to ruin the continuity of the scene. EMS and fire have got things well in hand," said Sgt. Jim Dalidowicz, as he tore out of the District 1 office in his marked Ford F-150.

He lets out a laugh when an unmarked tactical vehicle runs over a pair of pylons set up to keep pedestrians away, wedging one of the orange cones under the truck.

"They do need to be in a hurry," he quips.

Next stop: City hall. After a meeting between organizers and paid duty (those brought in to add an extra level of presence at events) Sgt. Dalidowicz meets up with his team of 14 and the patrol begins.

The radio crackles in his ear, and Dalidowicz sighs in a moment of exasperation.

It was barely 8 p.m., and dispatch had just announced the sixth fentanyl overdose since 4 p.m.

It's something that directly

affects the District One office, as a pair of officers are called away to hold the scene where the latest OD case was found.

"That's the reality. You have this opioid out there that's killing people and causing pressure on our system as a whole," Dalidowicz said.

"Our health system, our policing, our society as a whole — it's affecting everything."

As the snow continues to fall and the crowds begin to swell, the patrols become constant.

A group of Syrian children and their families are enjoying the free skating rink at Olympic Plaza.

Their eyes grow in bewilderment when they see Dalidowicz, specifically his tactical belt.

"Where are your handcuffs?" the youngest child blurts out.

When Dalidowicz takes them out, the crowd grows, and the youngster pleads to be cuffed.

Sgt. Dalidowicz refuses, but, like a classroom show and tell offering, he slaps them on my wrists.

(Suggestion: Don't get arrested; they aren't a great fit.) However, the smiles and laughter make it all worthwhile.

After Dalidowicz poses for several pictures, we resume our march through the plaza.

"It gives you time to stop and smell the roses per se — you can enjoy your job and be a hero to those kids. It gives you a chance to be something more than a badge and a gun," Dalidowicz said.

Only two detentions to count as the clock strikes midnight. A pair of women are taken from the plaza to sober up.



ABOVE: Reporter Michael Lumsden, right, accompanies Sgt. Jim Dalidowicz on New Year's Eve patrol, en route to a scene where a man threatened to jump off an eight-storey parkade. Officials talked the man out of jumping.

After putting a fairly tumultuous 2016 to bed, officers hope the light end-of-year shift will translate into a much smoother 2017.

"It's why I do this job. You take the good with the bad, and you're always on point if something happens," Dalidowicz said.

After working a 12-hour shift in the cold, Dalidowicz finally clocks out at 4 a.m. on Jan. 1.

Most of the officers who began the new year this way were tired enough to hope they could sleep clean through to 2018.



RIGHT: Sgt. Jim Dalidowicz pauses to take a selfie with two women celebrating New Year's Eve at Olympic Plaza.
ELIZABETH CAMERON / FOR METRO



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Sharing through ups 'n' downs

REVENUE SHARING

Mayor explains he wants to piggyback, not taxing powers



Helen Pike
Metro | Calgary

Revenue sharing — to a Calgary academic it may be a dirty word, but for Mayor Naheed Nenshi it's the city's best bet for getting predictable funding from the province.

In December, Nenshi's name appeared on a letter along with the country's big-city mayors, all demanding more freedoms and autonomy when it comes to revenue generation (some may read as taxing).

That week, the mayor clarified he wasn't after taxing powers; he was looking for more of a piggyback.

After consulting with a University of Calgary professor, Metro found that his "revenue sharing" idea wasn't recommended. But Nenshi still stands



Mayor Naheed Nenshi is clarifying what revenue sharing would mean for the city. It's a request he and other big city mayors made in December. METRO FILE

by it.

"Right now we have to go cap in hand to the feds and to the provincial government it's very episodic, it's very ad hoc," said Nenshi. Case in point: the

Green Line.

"We need long-term stable predictable funding especially for capital because we cannot build stuff like the Green Line with year-by-year fund-

ing... I actually need to have multi-year commitments," said Nenshi. "And to me one of the realities of doing that is to actually say, look, this percentage of the province's revenues flow

to the cities every year, no matter what. It seems to me that that is a lot more predictable than what we've got now."

But if we take a cut of the province's earnings, that



We get dependant on provincial government revenue on the operating side.

Mayor Naheed Nenshi

means Calgary would have to be with the province through good and bad times — in sickness and health, as it were.

"That is the real challenge," said Nenshi. "We get dependant on provincial government revenue on the operating side because unlike the federal and provincial governments, we don't run a deficit ever."

And the mayor isn't suggesting we change our model to be able to run deficits either. He thinks that gives the city a leg-up in responsible spending.

"So I don't want that power," said Nenshi. "But we have to figure out how if we're going to ride the ups and downs with the province we can do that without massive dislocation in bad times."

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ENTREPRENEURSHIP

One year of raging on the yoga mat

Elizabeth Cameron
For Metro | Calgary

After her Kickstarter campaign went viral earlier this year, Lindsay Istace began turning her once-a-week Rage Yoga class into a full-time small business.

She now leads several classes a week at a pub in Calgary with the mantra 'Do no harm, but take no s---.'

"My goal was always to take it to the next level, but I thought that would happen after a few years," said Istace, calling the past year an "exciting whirlwind."

Participants are welcome to sip on a pint as they pose or use adult language to achieve a deeper stretch.

There is no flute music to be heard — you're more likely to hear Metallica.

Istace said she has experienced her fair share of backlash — not everyone appreciates



Do no harm, but take no s---.
Rage Yoga mantra

beer and yoga being offered in the same place.

"If (your idea is) really worth doing, you're definitely going to get people who hate on it," said Istace, calling Rage Yoga a 'gateway' yoga.

"It's for the people who want the benefits of yoga but don't feel at home in a regular practice — turns out that's a lot of people," she said.

Istace plans to host a retreat and add more class times this year.

The unconventional practice is celebrating its one-year anniversary with a party at Dicken's Pub on Friday.

Entry is by donation, with all proceeds going to the Little Warriors charity.



Lindsay Istace created Rage Yoga for those who might not be at ease in a 'traditional' practice setting.

ELIZABETH CAMERON/FOR METRO



Abdel Hammad and Ramin Sobbi gave away socks and underwear packages to Carl and Glenda in Calgary as part of their Share 1Pair initiative. ELIZABETH CAMERON/FOR METRO

Company helps with the bare essentials

HOMELESSNESS

Share 1Pair offers socks and underwear care packages



Brodie Thomas
Metro | Calgary

The first time Ramin Sobbi and Abdel Hammad went to give away their care packages, it wasn't easy.

"We'd walk around downtown, and it was just really tough to ask people if they wanted them. We didn't want to ask the wrong people," said Sobbi.

The two friends launched a social enterprise in December

that gets new socks and underwear into the hands of Calgary's homeless, and they're hoping to turn it into a socially conscious business.

Share 1Pair takes \$10 donations via a website. They use the money to buy socks and boxer briefs, and they package them up along with a message from the person making the donation.

Sobbi admits the name is kind of misleading, because they actually give two pairs of socks and underwear in each package. At a cost of \$8.50, they roll the remaining \$1.50 back into a pool, which is put towards extra care packages.

Hammad, a recent graduate of Mount Royal University, was looking for a way to kickstart his own business career in this

tough economy.

Right now they're doing straight donations, but the goal is to develop a small branded clothing business where each item will have the cost of a care package added on.

"I've always been passionate about social enterprises and business in general," said Hammad. "I was minoring in innovation and entrepreneurship."

They're still working on getting the right supplier for the clothing, but they didn't want to wait to start the social side of their enterprise.

Sobbi said at first they toyed with the idea of starting a monthly subscription box business, but they were inspired by companies like tentree, which plants 10 trees for each item the store sells.

As a web developer, Sobbi was able to develop the website quickly and cheaply. They started in November and have given out 22 packages so far, with more donations coming in.

Their logo was developed by someone on the website Fiver, which offers small freelance writing and design jobs for \$5 each.

Sobbi said word of Share 1Pair has spread mainly through Instagram (@share1pair). They've used the social media platform to be transparent, posting photos of the people who receive the packages.

"I wanted people to know we're actually donating this. And the bigger thing is, I want people to see the looks on their faces. They're really happy to receive something so simple."

GEOLOGY

World's only ammolite mine expands



Aaron Chatha
Metro | Calgary

The world's only ammolite mine, located here in Alberta, is expanding production.

If you're unfamiliar with the striking, multi-coloured rock, ammolite is an organic gemstone created by the fossilized remains of ancient sea creatures.

"As they died, they floated down to the bottom of the ocean floor and were covered

by volcanic ash from activity in this area," explained Jay Maull, president of Korite, the company that owns the mine. "It either preserved the colours or changed the colours — we don't know."

A small pocket of land near Lethbridge is the only known place ammolite is found in the world. Korite has been around for 35 years, turning the gem into jewellery.

Korite is opening up an additional eight acres of land to mine for ammolite. Currently, annual production sits at about

six million carats, — but now that will increase by two million by the end of the year.

"We're expanding quite rapidly. We needed to expand the mine to keep up with demand," said Maull.

The expansion will naturally create more jobs, and Maull believes it will also help to advertise Calgary across the globe.

"We do our part to bring awareness of Calgary, Alberta and Canada to people all over the world," Maull said, indicating that the product is sold in 28 countries, but it's source is

always linked back to Calgary.

Korite just kicked off a deal in November to bring ammolite to Chinese consumers, as part of a Calgary Economic Development trade mission.

The company also partnered with the Stampede to sponsor the Stampede Royalty last year and will continue this year.

"Calgary is our home, this is where we're from, this is where the company started. It's 100 per cent Canadian-owned, we're here to stay and to grow with the demand," Maull stated.



The organic gemstone is said to come from the fossilized remains of ancient sea creatures. KORITE/CONTRIBUTED

On edge over free 150 entry

BIRTHDAY BASH

Nature lovers sound alarm for national parks in 2017

Parks Canada is preparing for an increase in visitors this year as people across the country and around the world request free annual passes to explore the nation's natural treasures as part of Canada's 150th anniversary celebration.

Conservationists say it is important for people to connect with nature, but there are concerns about how more tourists may affect the ecological integrity of some of the more popular parks.

Ben Gadd, a retired nature guide and author of *Handbook of the Canadian Rockies*, said he is worried about increased vehicle traffic.

"Clearly the highway system in the mountain parks — it is going to be terrible next summer all summer long," said Gadd, who has been hiking in the region since 1968.

"When you have that situation and animals trying to cross there are going to be more accidents, more animals killed."

Gadd said he is also concerned about crowded attractions, trash and people feeding or getting too close to wildlife.

He hopes there are enough staff to properly maintain the parks and to explain the rules



A video address by Prime Minister Justin Trudeau during New Year's Eve celebrations that kicked off Canada 150 on Parliament Hill in Ottawa. DAVE CHAN/TORSTAR NEWS SERVICE

to visitors, especially newbies.

According to Parks Canada, more than 900,000 people ordered a free Discovery Pass in the first two weeks after they became available last month.

The government predicts visits to national parks, historic

sites and marine conservation areas will top last year's attendance of about 24.5 million.

Eric Hebert-Daly, national executive director of the Canadian Parks and Wilderness Society, said the Parks Canada plan is a good idea in principle, but there are some dangers.

Some parks such as Banff, Jasper and the Bruce Peninsula in Ontario are already very busy. Adding more people could take away from their grandeur, he said.

Hebert-Daly said the government should consider better ways to handle traffic in busy parks, including the increased use of shuttle buses.

There are also not enough

wardens and scientists to monitor the health of the parks, he said.

"This may be the year where we realize just how overstretched some of these places are," Hebert-Daly said.

Canada's national parks have a long history of attracting tourists eager to view wildlife and wilderness. Increased media attention is expected to draw even more visitors.

National Geographic Traveler magazine has put the Banff area on its "Best of the World" list of 21 must-see places in 2017 and Parks Canada has been busy promoting on social media as part of the Canada 150 campaign.

On Dec. 1 so many people jumped online to get a free annual pass that the department's computer system slowed to a crawl.

Ed Jager with Parks Canada said staff know they are in for a busy year.

The number of cleaning and maintenance crews has been increased to ensure facilities will be kept in shape and that garbage doesn't attract wildlife, he said.

Jager said online orders for annual passes are being tracked to get a sense of which parks will see more traffic. Information about park rules is being sent to visitors.

THE CANADIAN PRESS

EQUALITY

Showing a different Parliament

Ryan Tumilty
Metro | Ottawa

As Canada marks 150 years as a country, Equal Voice is hoping to show them what a dramatically different Parliament could look like.

The organization, which encourages women to run federally, is bringing 338 young women from across the country to literally take a seat in Parliament on March 8, as part of a conference called Daughters of the Vote.

Jasmine van Schouwen, a law student at the University of Ottawa will represent her riding of Kanata-Carleton at the event. She said she hopes the event will show that there are women interested in office.

"There is a big myth that there aren't women who are qualified or interested in taking political office," she said. "It will be a beautiful image to see that there are women who are ready to take these positions."

Currently, women occupy 26 per cent of the seats in parliament. Van Schouwen said that low representation leaves a lot of issues off the agenda.

"It means that women's issues are often simply not discussed, but it also means that young girls don't have women to look up to."

She said, even if just briefly and symbolically, having every seat in Parliament occupied by a woman will show the system can change and be more representative.

Mary-Anne Carter, co-chair of the National Capital Region chapter of Equal Voice, said the event will include more than just the day in Parliament, but events designed to give women the tools to actually run for office.

+ HIDDEN GEMS

Parks Canada is trying to take heat off of more popular parks by promoting other, less-visited destinations.

The department has released a list of "10 hidden gems" across Canada for people to explore, including

the Mingan Archipelago National Park reserve in Quebec, L'Anse aux Meadows National Historic Site in Newfoundland and Labrador and Grasslands National Park in Saskatchewan.

LUXURY

Perfume maker bottles scents of Montreal

At first whiff, the traffic and grime of Montreal's busy downtown may not seem like the best inspiration for a luxurious perfume, but Claude-Andre Hebert begs to differ.

In honour of the city's 375th anniversary, the Montreal-based perfume maker has launched five scents, each inspired by a different area of the city.

One evokes the essence of bustling St-Catherine street, while others try to capture the romance of Old Montreal, the grandeur of old churches, or

the scent of the grass on Mount Royal. And how does one capture the scent of a city? Hebert says it starts with a story.

"I always start with a blank page and write a story, and every word that's important in the story is transformed into an ingredient," he said from behind the counter of his St-Denis street boutique.

Hebert, 47, said he started his own line in 2002 after realizing that most perfume makers focus more on ingredients than on inspiration. THE CANADIAN PRESS

EMPLOYMENT

Few sanctions in new foreign worker program

A year after Ottawa rolled out a new scheme to crack down on employers violating the rules of the temporary foreign worker program, only three businesses have been fined or banned for non-compliance.

Advocates and critics said the changes introduced by the former Conservative government were ineffective, and were put in place merely to convince the public something was being done to prevent employers from abusing the program.

As of the end of November, three employers had been found by the federal government to

be non-compliant: Obeid Farms in Vanessa, Ont.; a Dairy Queen franchise in Prince Albert, Sask.; and the Regent Hotel in Revelstoke, B.C. While Obeid was given a two-year ban on bringing in migrant workers, the Dairy Queen was fined \$1,250 and the hotel was fined \$750.

A lawyer for Obeid declined to comment, citing the farm's ongoing litigation against the federal government. The Dairy Queen

franchise did not respond to a request for comment about the allegations. The hotel also declined to comment.

On Dec. 1, 2015, Immigration, Refugees and Citizenship Canada, in collaboration with Employment and Social Development Canada, introduced a points system for assessing employer compliance based on the type of violation, history, severity, company size and whether the business co-operates with

120

The Immigration Department said it has received more than 120 tips regarding non-compliance.

investigators.

In addition to publicly naming employers alleged to have broken the law, the new regulations include a range of penalties, from a fine of between \$500 and \$100,000 per violation to a ban from the program from one to 10 years and the revocation of previously issued work permits.

To date, 926 investigations — generally document-based but in some cases involving workplace visits — were initiated, it said. The Employment Department also launched over 2,300 investigations of its own.

TORSTAR NEWS SERVICE

Attack marks start of 'open war'

TURKEY

Daesh claims responsibility for shooting in Istanbul club

Daesh claimed responsibility Monday for a mass shooting at an Istanbul nightclub that killed 39 people, most of them foreign tourists, including a Canadian woman, who were ringing in the new year. It was the first claim of its kind for Daesh in Turkey.

The group said Christian revellers were targeted in response to Turkish military operations against Daesh in northern Syria. The claim came after a Daesh propaganda video urging attacks on Turkey, which is home to an airbase used in the U.S.-led effort against Daesh in Syria and Iraq.

Nearly two-thirds of the dead in the upscale club, which is frequented by local celebrities, were foreigners, Turkey's Anadolu Agency said. Many of them hailed from the Middle East.

Citing Justice Ministry of-



Mourners carry the flag-draped coffin of one of the victims of the attack at a nightclub on New Year's Day on Monday in Istanbul. Turkey's state-run news agency says police have detained eight people in connection with the attack. EMRAH GUREL/THE ASSOCIATED PRESS

ficials, Anadolu reported that 38 of the 39 dead have been identified. The report said 11 of them were Turkish nationals, and one was a Turkish-Belgian dual citizen.

The report says seven victims were from Saudi Arabia;

three each were from Lebanon and Iraq; two each were from Tunisia, India, Morocco and Jordan. Kuwait, Canada, Israel, Syria and Russia each lost one citizen.

The nightclub assailant, armed with a long-barrelled

weapon, killed a policeman and a civilian early Sunday outside the Reina club before entering and firing at some of the estimated 600 people inside.

Daesh group boasts of having cells in Turkey, regularly issues

propaganda in Turkish and is believed to have hundreds of Turks in its ranks. But until now, the main act of aggression it had claimed in Turkey was the March 2016 killing of a Syrian journalist and an attack on riot police in the province of Diyarbakir, which Kurdish militants also claimed.

For some analysts, the claim of responsibility signalled a shift in Daesh strategy in Turkey, a predominantly Muslim nation.

"It's a new phase," security analyst Michael Horowitz said. "What we saw before was an undeclared war, and now we're entering an open war."

The Daesh claim said only that the attacker was a "soldier of the caliphate" who struck to "let infidel Turkey know that the blood of Muslims that is being shed by its airstrikes and artillery shelling will turn into fire on its territories."

By attacking as the nation was celebrating the new year, the group indicated that it intends to continue being a "scourge" against Turkey in 2017, said Turkish Deputy Prime Minister Numan Kurtulmus. THE ASSOCIATED PRESS

Canadian among dead identified

The Canadian killed in the New Year's attack on an Istanbul nightclub has been identified as Alaa Al-Muhandis, from Milton, Ont.

Several media outlets are reporting that the mother of two was among the 39 killed when a gunman opened fire at a popular Turkish club during New Year's celebrations.



Alaa Al-Muhandis

Mohammed Hamoudi, the president of non-profit organization Mesopotamia Group, knew Al-Muhandis professionally through her event-decor business, Looloo's Arrangements. Hamoudi, who last saw Al-Muhandis in September, said she was a "very nice lady, and very helpful and very kind, (with a) very nice personality."

Hamoudi added that he was shocked when he heard the news, especially because Al-Muhandis was "so young" — in her 20s, or early 30s at most, he said. TORSTAR NEWS SERVICE

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U.S. POLITICS

Alabama band marching into inauguration controversy

The marching band of Alabama's oldest private, historically black liberal arts college has accepted an invitation to perform at President-elect Donald Trump's inaugural parade, organizers said.

Talladega College's band will march at Trump's inauguration as other historically black schools such as Howard University, which performed at President Barack Obama's first inaugural parade, said they won't be marching in the Jan. 20 event.

"We were a bit horrified to hear of the invitation," said Shirley Ferrill of Fairfield, Alabama, a member of Talladega's Class

of 1974.

"I don't want my alma mater to give the appearance of supporting him," Ferrill said of Trump on Monday. "Ignore, decline or whatever, but please don't send our band out in our name to do that."

The move has lit up Talladega College's social media sites with a sharp debate about the band's decision to participate in the parade. Some people voiced strong opposition, while others support the band's participation.

"After how black people were treated at Trump's rallies, you're going to go and shuck and jive down Pennsylvania Avenue? For what?" Seinya SamForay said in

an interview. "What they did is a slap in the face to other black universities." SamForay, of Chicago, was among dozens of people commenting on the school's social media sites.

The Presidential Inaugural Committee announced Friday that the Talladega College Marching Tornadoes was among 40 groups, including high school bands and military organizations, scheduled to perform in the parade. Some members of the Marist College band in upstate New York, also scheduled to perform at the inauguration, say they won't participate, a school spokesman said Monday.

THE ASSOCIATED PRESS

Scarface the dog attacks family over sweater

Police in Florida say a dog named Scarface attacked a family who tried to put a sweater on it.

Tampa police say the pit bull mix bit a 52-year-old woman who was trying to dress it Friday and her husband was attacked while

trying to pull the dog off her. Police say the couple's 22-year-old son was attacked while trying to stop the dog by stabbing it in the neck and head.

The three people escaped the house and left the dog in the backyard. They ended up

in the hospital.

Police say animal control officers shot it with a tranquilizer gun, but it managed to get back into the house where two children were. Police used a bean-bag gun and stun gun on Scarface before catching it. THE ASSOCIATED PRESS

BRENT TODERIAN ON HOW MATH CAN HELP BUILD GREAT CITIES



The math suggests that we've been doing a lot of things wrong. And the same math can help us understand how to do it better.

First, an admission — when I was in school, math was my least favourite subject.

But these days, as someone who advises cities and best-practice developers around the world on what I call “advanced urbanism,” math just might be my favourite thing to talk about.

That's because when it comes to designing and building smarter and more successful places, we understand more about the quantifiable science of cities — the “math of city-making” if you will — than ever before.

When it comes to great cities, I'm the first to point out that not all that counts can be counted. But most of the things we can count lend support to smarter ways of thinking about how our cities grow and change. To be blunt, the math suggests that we've been doing a lot of things wrong. And the same math can help us understand how to do it better.

Here are just a few examples:

■ A common political argument is that bike and transit riders should “pay their own way.” A study in Vancouver, however, suggested that for every dollar we individually spend on walking, society pays just one cent. For bik-

Over the last decade, Canadian cities have been doing the hard math on the real costs of how and where they grow — not just up or out, but how smarter design choices save costs.

ing, it's eight cents, and for bus-riding, \$1.50. But for every personal dollar spent driving, society pays a whopping \$9.20! Such math makes clear where the big subsidies

design choices save costs. The resulting math has been powerful, revealing that tens of billions of dollars in public money have been spent on car-dependent suburban

you apply cold hard counting to the conversation. And that's before we even get to the many intangible and uncountable (but equally well-demonstrated) benefits



SKYLINE OF CALGARY. Many of the biggest fear-based myths raised in city-building conversation are shown to be untrue when you apply cold hard math to the conversation. iStock

are, without even starting to count the broader environmental, economic, spatial and quality-of-life consequences of our movement choices. The less people need to drive, the less we all pay.

■ Another study in Copenhagen (where the full cost of transportation choices are routinely calculated) found that when you factor in costs like time, accidents, pollution, and climate change, each kilometre cycled actually gains society 18 cents!

■ Over the last decade, Canadian cities like Calgary, Edmonton, London, Halifax, Regina and Abbotsford have been doing the hard math on the real costs of how and where they grow — not just up or out, but how smarter

growth rather than on smart infill — and I haven't even yet seen such a study that includes *all* the full and life-cycle costs of our growth choices. Once these shocking numbers are revealed, municipal leaders can't “unknow” them, no matter what political ideology you live by.

Want more examples? There's math showing that replacing on-street parking with safe, separated bike lanes is good for street-fronting businesses. That crime goes down as density goes up. That you can move more people on a street when car lanes are replaced by well-designed space for walking, biking and transit.

Many of the biggest fear-based myths that get raised in city-building conversation are shown to be untrue when

of smarter city-making. It's important to remember that if we just throw a lot of numbers around, people can easily fall asleep. I sure would.

But when you combine this unprecedented understanding of the math of cities, with a much more engaging, personal and persuasive approach to story-telling, then the conversation can get much more interesting and successful. So that's why I now love math. If we're not boring about it, it can add up to much better cities.

Brent Toderian is a leading national and international city planner and urbanist with Toderian UrbanWORKS; Vancouver's former chief planner; & the President of the Council For Canadian Urbanism.

Civil disobedience may do as much as scientists' efforts

Gabriel Zarate



I think it's safe to say that 2016 will be remembered as a rough year. I scarcely need to recite, yet again, the litany of horrible events.

But the year also produced a small bloom of hope for the future, grown from seeds planted in the early part of the decade, in the form of movements such as Occupy and Idle No More.

At Standing Rock, a few thousand of the U.S.'s most marginalized people faced down an intimidating display of militarized state power — and prevailed. In so doing, they held back an oil-pipeline project that threatened not just the local water supply but also the earth's atmosphere, which is already reeling from the waste of global industry.

The fragile hope I mentioned earlier lies in the prospect of this victory inspiring others to action, leading to more victories. In the struggle to preserve our atmosphere, our biosphere and our entire way of life, it may be that civil disobedience, such as we saw at Standing Rock, will accomplish as much as any research or public-education effort undertaken by scientists.

My parents were scientists. I grew up with a fundamental faith in scientific progress, that it would eventually solve many of the world's problems. But what many people don't understand about science is that it resists absolutes. A scientist would almost never say, “This is a fact”; he instead would probably say, “The evi-

dence suggests this is a fact” or, if he's dead certain, “The evidence strongly suggests this is a fact.”

When applied to communicating concerns about climate change to the general public, that professional caution has been disastrous. Peer-reviewed journal articles and quiet intellectual reserve cannot compete with the bombast of multinational corporations, whose co-ordinated public relations campaigns on behalf of the petrochemical status quo have allowed the forces of convenient doubt to score a tie in the public mind with the forces of fact.

Make no mistake: energy-sector-sponsored doubt is disingenuous. Last month the Arctic was 30 degrees Celsius above normal. The petroleum companies and their flacks know what's up.

Meanwhile, scientists who aren't on industry's payroll are very, very afraid. Climate change is real, and human activity has significantly contributed to it. Only the details are still debated (how high will sea levels rise? And how soon?)

All this makes one thing abundantly clear: the most valuable substance on our planet is not oil, which we've pursued maniacally and guarded jealously; it's water, which we've treated in a shamefully cavalier fashion. Water is, quite literally, life. In this light, the victory at Standing Rock is even more meaningful.

The hard truth is that, to avoid global catastrophe, petrochemicals need to stay in the ground. We must adapt or die. Mother Nature is not interested in political or economic rationalizations.

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SKINCARE

Pseudo-science behind 'clean' beauty product trend: Experts

Melissa Dunne
For Metro Canada



Gwyneth Paltrow once infamously bragged about having the butt of a 22-year-old stripper, but perhaps she should have been bragging about having the skin of a 30-ish model.

Whether you love or hate the actress-cum-entrepreneur, one has to admit the skin of the 44-year-old looks ah-mazing on the cover of the new book *Goop Clean Beauty*, released last week.

The sleek tome, by the editors of her popular lifestyle publication *Goop* with a foreword by Paltrow, devotes a large chunk to the supposed superiority of "clean ... organic, non-toxic" beauty products.

Paltrow, or GP as she likes to call herself, is the latest in a long line of celebs to pitch "clean" makeup and skincare products to average Janes who don't have the skin of a star, but would like to.

Dr. Julia Carroll, a dermatologist with Compass Dermatology in Toronto, says there is immense interest, with patients asking her every day about these kind of products.

"GP's Essential Six" skincare items will cost you about \$1,000. Is it worth it? Likely not, said Timothy Caulfield, author of *Is Gwyneth Paltrow Wrong about Everything?*

The beauty products industry, both in Canada and the U.S., has little government

'Clean' beauty claims: To be taken with a grain of Himalayan crystal salt



It's about profit. They're fear mongering.

Dr. Julia Carroll of Compass Dermatology in Toronto

regulation and consequently companies and celebrities have a very wide berth to make all sorts of "sciencey-sounding"

claims, he said.

Celebs like Paltrow and Jessica Alba are using fear, pseudo-science, and guilt to sell products to make a lot of money, said Caulfield in a phone interview from Calgary, where he is a Canada Research Chair in Health Law and Policy and a professor in the Faculty of Law and the School of Public Health at the University of Alberta. Carroll concurs.

"It's about profit," said the

skincare expert in a phone interview. "They're fear mongering."

Carroll advises you take the often-outlandish claims of stars trying to sell you pricey beauty products with a very large grain of Himalayan crystal salt.

Let's face it — no amount of product is likely to give you GP's skin or butt. If you have an actual skin problem, see an actual dermatologist.



BRANDS

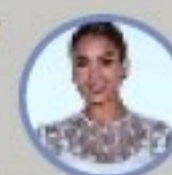
Juice Beauty

Gwyneth Paltrow teamed up with Juice Beauty to release makeup and skincare products in collaboration with Goop. The packaging is all clean lines and clear fonts that connote that these "organic, non-toxic" products look very pretty and will definitely cost you a pretty penny.



Honest Beauty

The Honest Company was co-founded by actress Jessica Alba and sells products made without a long list of what Honest Co. claims are "potentially health-compromising chemicals or compounds." Alba and co. are clearly onto something as Unilever PLC was reportedly in talks this fall to take over the brand for a valuation of about \$1.35 billion.



RMS Beauty

RMS Beauty was founded by makeup artist Rose-Marie Swift and sells what it calls organic colour cosmetics. The company states that all of their beauty products are: gluten free (with the exception of the volumizing mascara), GMO free, soy free, and nano free. Supermodel Gisele Bündchen is among stars who have endorsed the items, bearing the minimalist RMS logo.



BRAIN INJURIES

Push for sharper focus on effects of female concussions

Katherine Snedaker says she has had 20 concussions, the first three decades ago from a car accident when she was 16. But it wasn't until her son suffered a series of concussions in the sixth grade, around 2008, that she felt compelled to learn all she could about head injuries to help him recover.

During her journey of learning, she has become a nationally known advocate for better research, medical care, and support for girls and women with brain injuries, including concussions.

She founded her non-profit advocacy group PINK Concussions in 2013 in response to what she discovered was a lack of focus on female concussions. She formed the group during a yearlong medical leave to treat breast cancer and while rebuilding her home, damaged by Superstorm Sandy.

Some studies show females suffer more concussions than males when playing similar sports. Doctors agree more research is needed on any gender differences and whether women experience more severe symp-

toms or take longer to recover.

Most research has focused on men, especially dozens of former football players who died from a degenerative brain disease that has been linked to concussions.

"There's a lot we don't know," said Snedaker, 49, a clinical social worker who gave up her regular job to advocate full-time at her own expense. "What I wanted to do was educate the public."

Snedaker has sought to keep a light shining on the need for more research, better medical care, and more community support for girls and women with

concussions and other brain injuries suffered through sports, military service, domestic violence and accidents. She has organized several conferences that have brought together medical experts and military leaders she has met, done dozens of media interviews, and launched a website — Pink Concussions — to share information.

In March, Pink Concussions will hold its second annual international summit on female concussions and traumatic brain injuries; it will be hosted by the National Institutes of Health.

A major impetus to Snedaker's activism has been hearing stories in support groups and in surveys from women and girls suffering from concussions. Many shared similar stories of not healing as fast as people thought they should, doctors minimizing their conditions and feeling isolated while recovering at home, she said.

"These girls had been cycled through the medical community and kind of spit out," Snedaker said. "What totally got me were these women who were isolated and alone." THE ASSOCIATED PRESS

\$30 million

A \$30 million, three-year study being done by the NCAA and Department of Defence is being billed as the largest ever of concussion in sports. Preliminary results are expected in late January with doctors indicating it may lead to rule changes and international guidelines on prevention and treatment.

How would you like to tip zero per cent?

HOSPITALITY

Industry split on moving to non-gratuity model

Restaurant owners are grappling with the thorny and complex issue of balancing the huge discrepancy in income between servers and kitchen staff created by the current practice of tipping.

Front-of-house staff generally receive a gratuity of between 15 per cent and 22 per cent while cooks who make the food may labour for minimum wage.

"The truth is labour costs are going up, minimum wages are going up, restaurant margins are going down, and so in order to close that gap and keep people working in the kitchen, restaurants are going to start taking control of that tipping revenue as a way of just making sure they can continue to meet labour costs," says Mike von Massow, a professor in the department of food, agriculture and resource economics at the University of Guelph.

The issue of tipping differs depending on the industry sector — fine dining, casual or quick service.

"And even within the certain sectors — we've done some surveys and whether to move to a non-tipping model or not — our industry is split almost evenly on the issue," says Mark von Schellwitz, vice-president for Western Canada for Restaurants Canada, who is based in Vancouver.

"There's certainly no consensus on which way to go." Proposed models include a hospitality charge, profit sharing or a hybrid plan in which there's a moderate increase in pricing along with a small service charge.

"I'm very much in favour of cooks and waiters and all restaurant employees making a living wage, which many of them don't at this time," says Anthony Bourdain, host of Parts Unknown which airs on CNN.

"Is the no-tipping, service-included plan the way to get there? I don't know. I'm open-minded about it. I tip 30 per cent. Everyone should, in my view, but absent that, I suspect it's the future."



An old tip jar at a coffee shop in Toronto makes a compelling argument for tipping. But the issue has become more complex this year. TORSTAR NEWS SERVICE FILE

Dining chain Earls launched a 16 per cent hospitality charge in July at its 67th location, in downtown Calgary, to test the waters.

Craig Blize, vice-president of operations says the experiment, which the company will begin to evaluate in January, has been "polarizing."

"A lot of our staff love it. Our kitchen staff definitely loves it and our support staff loves it and the majority of the servers do as well," says Blize, who is based in Vancouver.

"There have been some staff that have been disgruntled or haven't liked that option so we have moved them to other Earls where we do have tipping." There are no plans to roll the policy out to other locations.

Meanwhile, some guests love the all-inclusive charge while others "despise" it be-



Unless we're willing to pay more for food, which I think we should be doing anyway, I think tipping needs to be something we should still see as a valuable thing of celebrating getting good service.

Ned Bell, Vancouver Aquarium's Ocean Wise executive chef

cause they feel they've lost control over recognizing the service they've received. Earls.67 will waive the hospitality charge if a client is displeased with the food or service.

But evidence suggests people don't vary their tipping much whether they've received good or bad service, says von Massow. "It's a social norm. We just do it anyway."

In the history of gratuities, "tips" was an acronym for To

Insure Prompt Service.

"When it began originally, I believe it was in the U.K., the tip was paid before the meal, so you gave the server a little bit of money just to make sure you got good service, then it evolved to coming after the meal," says von Massow.

"In fact, most of Europe has moved away from tipping even though that's where it began. It's deeply rooted here."

THE CANADIAN PRESS

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JOHANNA SCHNELLER **WHAT I'M WATCHING**

Rare, startling sound that leaves us gasping for more



Music, directing, writing and acting come together in Brit Marling's *The OA*. CONTRIBUTED

THE SHOW: *The OA*, Season 1, Episode 5 (Netflix)

THE MOMENT: The gasp (spoiler alert)

The OA (Brit Marling) and four others who've had near-death experiences are being held prisoner in adjoining Plexiglas cells by Dr. Hunter Hap (Jason Isaacs), who's desperate to prove there's an afterlife. But one of his experiments goes too far.

In grief and defiance, *The OA* begins a series of movements she learned in the afterlife. In the next cell, Homer (Emory Cohen) joins in. (Music begins to play on the soundtrack.) The lights dim for night. The pair

continue moving in the dark.

In the morning, Homer and the *OA* are still dancing. (The music changes.) Rachel (Sharon Van Etten) notices something in the next cell. (The music swells.) Homer and *The OA* dance. Suddenly, another character sucks in his breath.

Watching this in my office with headphones on, I sucked in my own breath so loudly that my dog, asleep at my feet, woke up barking.

This series is impossible to describe. Essentially, it's about goodness, but it's all tone and mood.

The plot sounds absurd unless you're inside its spell. This is possible only because the

creators — Marling and her frequent collaborator Zal Batmanglij write it, Marling stars in it, and Batmanglij directs — were able to realize a unified vision.

With most art, you aim for greatness and then accept when it eludes your grasp.

Here, Marling and Batmanglij create a perfect moment where writing, acting, direction and music come together in a way that's both startling and inevitable. That gasp is the rare sound of getting it right.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

TELEVISION

Dispute over Carey's meltdown

Dick Clark Productions is hitting back against Mariah Carey's claim it sabotaged her live performance on its New Year's Rockin' Eve special.

Carey's disaster during the annual New Year's Eve special in Times Square made international headlines: The superstar vocally stumbled through her short set, failing to sing for most of it despite a pre-recorded track of her songs playing in the background.

Carey was visibly upset during the performance and afterward tweeted "(expletive) happens." Her representative Nicole Perna blamed technical difficulties, and in an interview with Billboard she said Dick Clark Productions hampered Carey's performance.

"She was not winging this moment and took it very ser-



Mariah Carey endured a horror NYE performance.

EUGENE GOLOGURSKY/GETTY IMAGES

iously," Perna told Billboard. "A shame that production set her up to fail." Perna said Carey's earpiece wasn't working and she flagged the issue to the production team but was told it would be OK when she got on stage.

"However, that was not the case, and they were again told

that her earpiece was not working," Perna said. "Instead of endeavouring to fix the issue so that Mariah could perform, they went live."

In a statement released on Sunday, the production company called such claims "absurd."

It said that in "very rare instances" there are technical errors that can occur with live television. It said an initial investigation, however, indicated it had no involvement in the challenges associated with Carey's performance.

"We want to be clear that we have the utmost respect for Ms. Carey as an artist and acknowledge her tremendous accomplishments," it said.

Perna later disputed the claim that Carey did not rehearse. THE ASSOCIATED PRESS

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Roger Federer returned from six months on the sidelines with a knee injury to beat Dan Evans 6-3, 6-4 on Monday at the Hopman Cup



Stephens gives Canada boost in return vs. Czechs

WORLD JUNIORS

Red and white hosts through to semifinals

Mitchell Stephens returned from injury to score a goal and set up two more as Canada downed the Czech Republic 5-3 in a quarter-final on Monday at the world junior hockey championship.

Julien Gauthier, with two, Blake Speers and Thomas Chabot also scored for Canada, which advanced to a semifinal on Wednesday against Sweden. The Swedes downed Slovakia 8-3 in their quarter-final.

David Kase gave the Czechs the first-period lead. Kelowna Rockets forward Tomas Soustal got one in the second frame and Simon Stransky of the Prince Albert Raiders scored in the third as the Czechs were eliminated.

Stephens missed Canada's last two games with an undis-

closed injury, but the Tampa Bay Lightning prospect showed no ill effects in a game Canada dominated 41-19 in shots. Stephens, Chabot and Gauthier were on the Canadian team that lost in the quarter-finals of last year's world juniors in Helsinki.

Canada had an 11-4 shot advantage in the first period, but the underdog Czechs caught a break for the only goal at 16:49 when a puck deflected in front of Connor Ingram and looked to be going well wide

MONDAY in Montreal



+ MORE SCORES

QUARTER-FINALS
Russia 4, Denmark 0
Sweden 8, Slovakia 3
U.S. 3, Switzerland 2

when it struck Slovak referee Jozef Kubus and bounced straight to Kase alone in front of the net. His quick shot went under Ingram's arm to give the Czechs the lead.

Speers, celebrating his 20th birthday, went to the net to redirect Stephens pass behind Jakub Skarek 3:45 into the second frame.

Anthony Cirelli won a draw from Michael Spacek directly to Stephens for a quick shot inside the near post at 7:27.



Blake Speers celebrates his second-period goal against the Czech Republic on Monday at Bell Centre. MINAS PANAGIOTAKIS/GETTY IMAGES

Fans in the less-than-half-full Bell Centre groaned as Soustal used a toe drag on a rush to get around Noah Juulsen and score on only the Czechs' sixth shot at 8:53, but Chabot restored Canada's one-goal lead when



Mitchell Stephens

MATTHEW MURNAGHAN/HOCKEY CANADA

he stickhandled through the defence and scored from the slot at 13:32.

Gauthier scored on a feed from behind the net from Nicolas Roy 3:18 into the third, but Stransky got it back at 5:54 as he swiped Ingram's big rebound into an open side on the backhand.

Gauthier got another at 6:37 as he banged in Matt Barzal's rebound.

Canada routed the Czechs

twice before the tournament — 8-0 during their selection camp in Boisbriand, Que., three weeks ago and 5-0 in an exhibition game in Ottawa on Dec. 21.

Defenceman Philippe Myers, who suffered a concussion in the final preliminary round game against the U.S., did not play. His spot on a pairing with Thomas Chabot was taken by Kale Clague.

THE CANADIAN PRESS

+ AROUND THE NHL

Even-strength boom

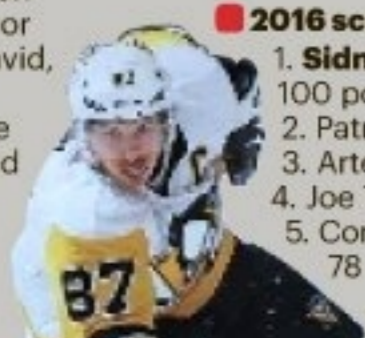
The NHL's current leader in even-strength points? Not Sidney Crosby, Evgeni Malkin or even Connor McDavid, but the Columbus Blue Jackets' 24-year-old winger Brandon Saad, who has 31 such points in 35 games this

season.

Columbus keeps trucking
Columbus extended its shocking win streak to 15 games over the weekend, ending Minnesota's equally surprising 12-game run.

2016 scoring leaders

1. Sidney Crosby: 100 points
2. Patrick Kane: 87
3. Artemi Panarin: 81
4. Joe Thornton: 80
5. Connor McDavid: 78



GETTY IMAGES

WINTER CLASSIC

Blues triumph in open air

Vladimir Tarasenko looked quite comfortable at Busch Stadium. It turns out his wicked wrist shot works outside, too.

Tarasenko scored two goals in the third period, Jake Allen stopped 22 shots and the St. Louis Blues beat the Chicago Blackhawks 4-1 in the Winter Classic on Monday at the longtime home of baseball's St. Louis Cardinals.

It was 46 F when play began before a sellout crowd of 46,556, the sixth largest for a Winter Classic. It was the 21st regular-season outdoor NHL game.

THE ASSOCIATED PRESS



Vladimir Tarasenko scored a pair on Monday at Busch Stadium in St. Louis. DILIP VISHWANATH/GETTY IMAGES

IN BRIEF

Coach Kubiak steps away from Denver sideline

Denver Broncos coach Gary Kubiak stepped down from his dream job on Monday because of health concerns, saying "the demands of the job are no longer a good fit for me."

Kubiak missed a week of work in October after suffering a complex migraine, his second health scare in three years.

Kubiak went 24-11, including a victory in Super Bowl 50, but a 9-7 finish this season kept the Broncos out of the playoffs.

THE ASSOCIATED PRESS

Duke's Coach K slated for time off after back surgery

Hall of Fame Duke basketball coach Mike Krzyzewski is stepping away from the team to have lower back surgery.

The school announced Monday that the procedure is scheduled for Friday, with an anticipated recovery time of four weeks. Krzyzewski, 69, will coach Wednesday night's game against Georgia Tech before handing off to associate head coach Jeff Capel.

Trojans conquer Penn State with late rally

Matt Boermeester kicked a 46-yard field goal as time expired, and No. 9 Southern California rallied from a 14-point deficit in the fourth quarter for a spectacular 52-49 victory over No. 5 Penn State on Monday night in the highest-scoring Rose Bowl ever played.

Freshman Sam Darnold passed for 453 yards and five touchdowns in leading the jaw-dropping comeback.

THE ASSOCIATED PRESS

Butler goes off for 52 as Bulls top Hornets

Jimmy Butler scored 52 points and outduelled Kemba Walker, carrying the Chicago Bulls in a 118-111 victory over the Charlotte Hornets on Monday night.

Butler was a point shy of his career high.

Walker boosted his all-star candidacy with 34 points and a season-high 11 rebounds.

THE ASSOCIATED PRESS

MAKE IT TONIGHT

Spicy Curried Pumpkin Soup



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

We've packed this soup with vitamin-rich pumpkin, spices and creamy coconut milk.

Ready in 40 minutes

Prep time: 30 minutes
Cook time: 10 minutes
Serves 4

Ingredients

- 1 or 2 plugs of olive oil
- 1 onion, diced
- 2 cloves of garlic, minced
- 1 tsp ginger, minced
- 1 tsp cumin
- 1 tsp ground coriander
- 1 tsp curry powder
- 1 tsp salt
- 1 x 14 oz. pumpkin purée (not pie filling!)
- 2 cups low-sodium vegetable or chicken stock
- 1 cup water
- 1 x 14 oz. coconut milk (Try lite for all the flavour and less fat)

Directions

1. Warm olive oil in a large pot over medium heat. Add onions and garlic until they soften. Now add spices and let cook a few minutes. Keep stirring so they don't start to stick to the bottom of your pot.

2. Empty pumpkin purée into the pot and give it a mix with the onions and spices. Now add stock, water and coconut milk. Let simmer about 20 minutes, stirring occasionally. Don't let it get too hot or the coconut milk may split.

3. Turn off the heat and allow the soup to cool a bit before either putting into the blender in batches to purée or just giving a whiz with a submersion blender. Warm again and serve.

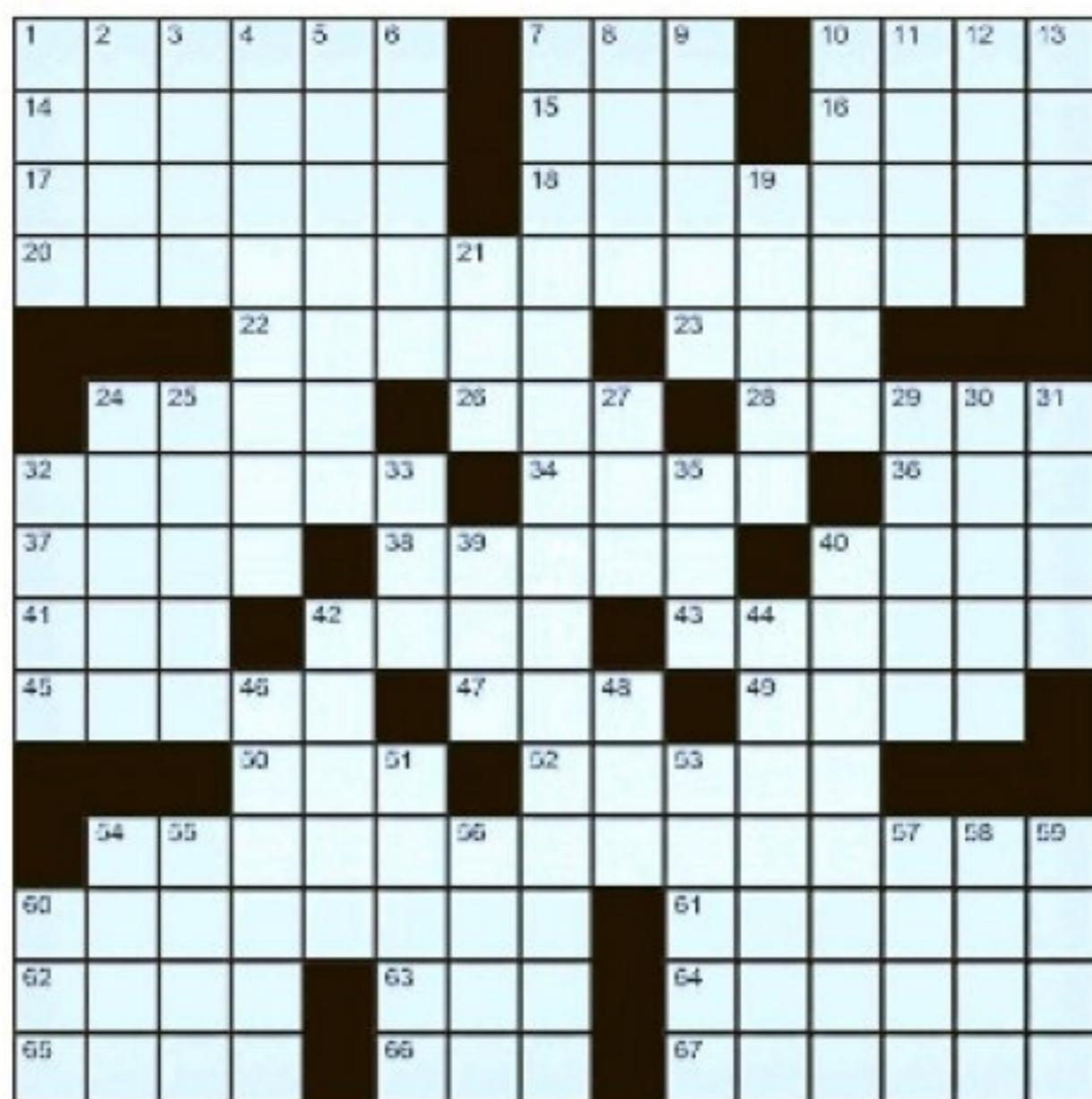
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ACROSS

- Lorraine of "Rizzoli & Isles"
- And so forth [abbr.]
- Niagara-on-the-Lake theatre festival
- Lucy Maud Montgomery's gig
- Bucharest money
- Skier's one-of-two
- Trickiest
- Town in central Alberta
- Taking the stairs instead of the escalator when possible, having an apple instead of apple pie, etc.: 2 wds.
- Anteater's nozzle
- Traveller's way, briefly
- Vintage arcade game, _-Ball
- "Hello" singer's initials-sharers
- No _ Salt (Food label info)
- Shaped like a box
- 'Alphabet' suffix
- Cubed food flavouring brand
- Some sea birds
- Desi Arnaz's actress daughter
- Montreal 'honey'
- "House" actor Mr. Penn
- Prince Charles, some day
- Putter's positioning
- Playwright's production place
- Match
- Down Under boots
- Tolkien creature
- Dick _ Jr. (Canadian broadcasting legend)



- They're quite helpful in making Resolutions turn into realities: 2 wds.
- 'Canada's Victorian Oil Town', located in southern Ontario near Samia
- Figure*off/speech
- Shield border

- Person in command [abbr.]
- Capital of Kansas
- Podium
- French language possessive
- "_ House" (1978)

DOWN

- Big party

- Sporting guideline
- "Right back _ _"
- (Same to you!)
- Bill and Hillary's daughter's namesakes
- Kevin of "Field of Dreams" (1989)
- Prefix to 'dontist'

- (Teeth specialist)
- Instruments in Randy Bachman's collection: 2 wds.
- High- _ (Electronically advanced)
- "My Fair Lady" (1964) director George
- Made the recipe 'hot'

- Digger's creation
- Shakespeare play title-starter
- Mini
- St. _ (District of Winnipeg)
- Montreal airport code
- Gym movement for legs
- "_ Fran and Ollie"
- Biology, e.g.
- Faring
- Business big-wigs, briefly
- Chiquita's competitor
- _ Fifth Avenue
- Inventor Mr. Whitney
- Ancient bronze money
- Cologne conjunction
- Hawaii-set crime/action show of '80 to '88: 2 wds.
- The Way of the Sword
- Collegiate cost
- Styles
- 'Bit' of breakfast
- Driving costs
- Panorama
- Michael of "Juno" (2007)
- Mythical Hun king
- Military assistant
- Carpe _ (Seize the day!)
- Betty White's "Hot in Cleveland" character
- Sigil
- Pocket-full-of-peas

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a good day to wrap up old business with bosses, parents and VIPs. In fact, you will be surprised at how quickly this can be done.

Taurus April 21 - May 21
You will be pleased to know how fast you can finish school papers or writing projects. That's because it's the perfect day to "finish" things.

Gemini May 22 - June 21
During a discussion with others, you can wrap up loose details about taxes, debt, insurance issues, shared property and inheritances. It's a good day to get these things done.

Cancer June 22 - July 23
Conversations with partners and close friends will be pleasant and practical at the same time today. Fortunately, all parties are interested in getting things done.

Leo July 24 - Aug. 23
You can expect to be involved with your job in a hands-on way today. Roll up your sleeves and dig in, because once you make the effort, you will be pleased with the results.

Virgo Aug. 24 - Sept. 23
If you write, act, teach or work in the arts, you will be creative today. You will see how to present things in the most attractive way possible.

Libra Sept. 24 - Oct. 23
Family discussions, especially about home repairs or practical matters, will go well today. People are friendly and co-operative. What more could you want?

Scorpio Oct. 24 - Nov. 22
This is a strong day for writers, actors and teachers, as well as sales and marketing professionals, because your speech will be charming.

Sagittarius Nov. 23 - Dec. 21
Business and commerce are favored today, which is why you should respect your money-making ideas. If out shopping, you will want to buy beautiful things for yourself and loved ones.

Capricorn Dec. 22 - Jan. 20
You might run into someone from your past today. If so, the conversation will be pleasant, although a bit superficial. This is not surprising, is it?

Aquarius Jan. 21 - Feb. 19
Someone younger might have bright ideas about how to boost your income or spend your money on a meaningful purchase. It never hurts to listen, does it?

Pisces Feb. 20 - March 20
A conversation with a boss or parent will go well today. People want to help you, and you are ready to say "yes."

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	9	3	1			7		
2				7			4	
4		7						1
5				1				
	7						6	
				6				8
3						9		2
	6		2					3
		4		3	5	7		

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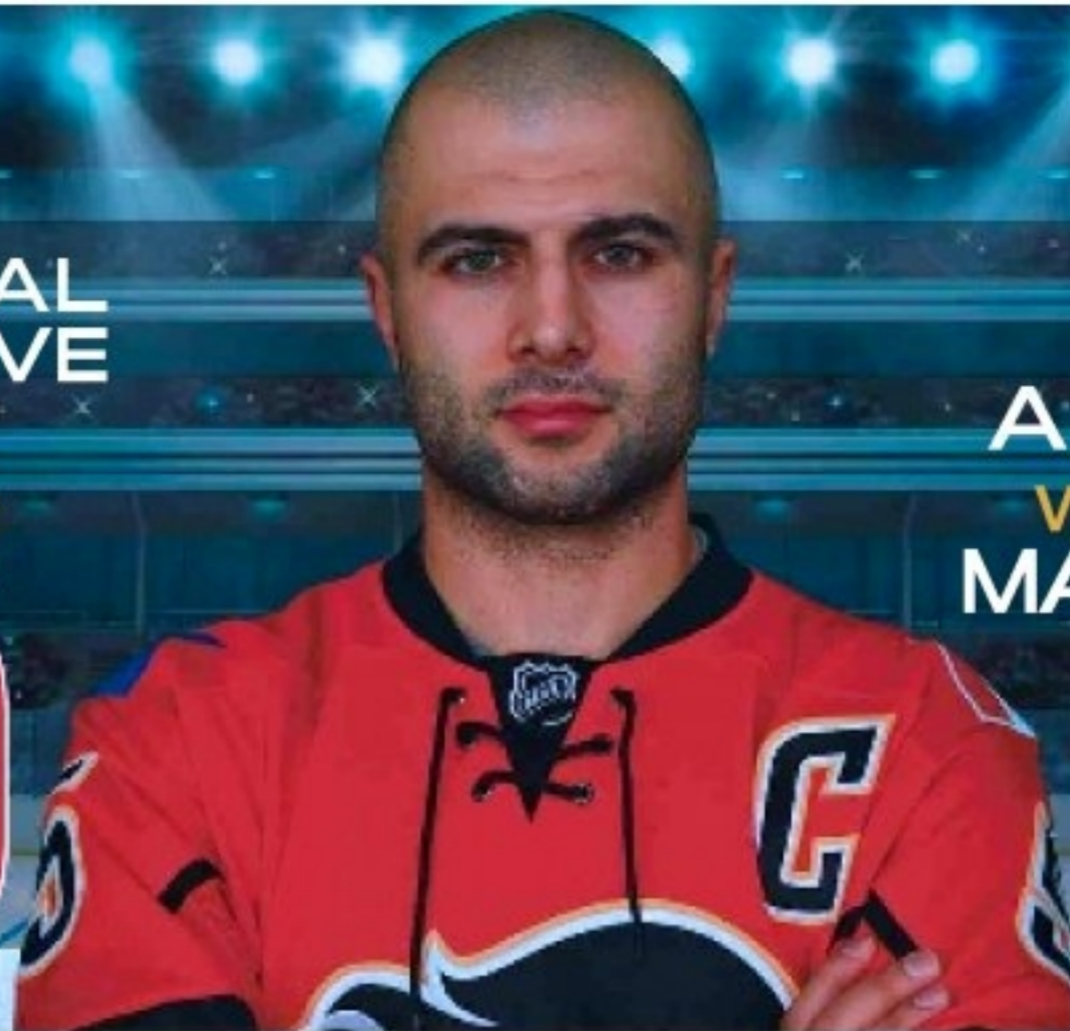
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